

ABSTRACT

OBJECTIVE: To evaluate the effectiveness of Classical Acupuncture and Clinical Acupuncture in treating acute migraine attack.

BACKGROUND: According to WHO migraine is the seventh most disabling and prevalent disorder that affects especially during productive phase of life. Numerous studies were done involving Acupuncture as an effective non-pharmacological approach for migraine. Yet, studies involving TCM diagnosis and providing individualized treatment are few, therefore comparison was done between Classical and Clinical Acupuncture.

DESIGN AND METHOD: A prospective, randomized trail performed among 55 migraine subjects, assessed according to ICHD-3 Beta version criteria. Using simple randomization subjects were randomized under Group A (Classical; N = 27) and Group B (Clinical; N= 28) on 1:1 ratio. The Subjects of Group A and Group B received their respective treatment during their acute migraine attacks. Data were collected during every visit before and after treatment using 10 Point- VAS scale, and also pre and post study period (5 months) using MIDAS tool, migraine questionnaire.

RESULTS: Primary outcome: Intensity of pain during acute migraine attack showed statistically significant improvement in both Groups ($P < 0.001$). However on observing variance value Group A showed better improvement than Group B

Secondary outcome: Pain frequency showed no significant changes in both groups. Pain intensity showed significant improvement in both groups. However on observation of their mean and SD frequency and intensity showed betterment in Group A than Group B. Grading of pain duration showed 81.5 % improvement in Group A.

CONCLUSION: This trail suggested that Classical Acupuncture is effective than Clinical Acupuncture in treating acute migraine attacks.

KEY WORDS: Migraine, Classical Acupuncture, Clinical Acupuncture, VAS, MIDAS